

Adventure Bible School Course Equipment List

You will need to arrive at ABS with:

1. Light Weight Bible and Note Book (A bigger Bible can be brought for use at the school)
2. Sleeping Bag & liner - **3 season - comfortable to 0°C; (4 season comfortable to -5°C for the April/May course)**
3. Sleeping Mat
4. Good hiking boots with ankle support and wool socks (**not day hikers; if they are new, please break them in**)
5. 2 pairs of thermal underwear top & pants (**Polypropylene or merino. These are base layer, NOT under armour, lululemon or cotton blends**)
6. Quick drying pants and shirt for hiking (**not cotton**)
7. Back pack for hiking, top loading, not a travel pack (**reasonable size – 65 litre minimum**)
8. Day Pack
9. Wool or fleece hat (not acrylic) **Highly recommended**
10. Water bottle/s (**minimum 2.0 litre total capacity**) Sun block
11. Running shoes & clothes for running Gaitors
12. Rain coat – waterproof & seam sealed e.g. gortex material, as we can get heavy rain – (**not a snowboard jacket or poncho**) Water shoes
13. **2 Wool or polyester fleece** jersey/sweaters (**NOT COTTON**) Padded bike shorts
14. Swim wear and Quick Drying Shorts (**no bikinis please**) **Optional extras**
15. Other warm clothes/ Fleece Jumpers Personal climbing gear
16. Headlamp and **spare batteries** Waterproof over trousers
17. 4 garbage bags or dry bags to keep personal gear dry. Paddling gear
- Zip lock bags for smaller items Warm gloves
18. It is recommended you bring an 8 GB memory stick for photos from the course Wet suit
19. Blister protection e.g. Compeed or Moleskin Sandals
20. Sun hat and sun glasses – uv rated Mosquito net for head

This is the bare minimum required for the trips away from the Lodge

When you are at the Lodge you will also require modest casual wear (what you would normally wear around home) and church clothes

Some personal gear can be bought in NZ, but please arrive on the course with all of it, there is very little opportunity to get it once we have started. If you don't come with the necessary gear, you will be required to purchase it at your expense.

While you will have a (shared) room at school, you will be away on trips for a significant portion of the time.

Some significant exercise is recommended in preparation for the course.

You should be able to run a minimum of 3 Kms without stopping.

We are very much looking forward to meeting you and getting to know God better together.

If you have any questions regarding gear, please contact James Bruce The ABS Director , on Phone (64)7 823 1800 or Fax (64) 7 823 1809 or Email jamesb@capernwray.org.nz